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FIFA FEVER: WE'VE GOT YOU COVERED

CHECK OUT WHAT A NEAR BILLION-DOLLAR DREAM TEAM WOULD LOOK LIKE, AND WHICH CRITTERS ARE KEEN TO FOLLOW IN PAUL THE OCTOPUS' ... UH, LET'S CALL THEM 'FOOTSTEPS' PAGE 8

Ford's high (approval) crashes down

Mayor hits historical low in the polls, leading research firm to dismiss his chances PAGE 3

Shooters kill two cops, one bystander and themselves, say L.A. police

Motive still unclear PAGE 7

This is going to be a Future classic, Honest

Atlanta rapper not shy about promoting his latest work, an album that advances his signature formula PAGE 13

NEWS WORTH SHARING.

14 SLAMS AND COUNTING

No. 1-seeded Rafael Nadal holds the Champions Trophy high as he celebrates another French Open win on Sunday at Roland Garros in Paris. Nadal wore down No. 2 Novak Djokovic in a muggy final to win his 14th Grand Slam title, tying the 28-year-old Spaniard with Pete Sampras for the second-most by a man, behind only Roger Federer's 17. See story, page 21. KENZO TRIBOUILLARD/GETTY IMAGES

Charity sends just 11 per cent of cash raised to research

Leukemia & Lymphoma Society of Canada.

At least four executives have left in exasperation

For every dollar raised by Canada's premier leukemia charity in the past two years, just 11 cents went to researchers working to find a cure for blood cancers.

Much of the $30 million the Leukemia & Lymphoma Society of Canada raised in this time period through walks, runs and bottle drives covered fundraising and administrative costs, a Torstar News Service investigation has found.

An internal breakdown of the leukemia charity's finances shows donor money being spent on high office rents (including two separate spaces in Toronto and two in Montreal), on travel budgets and on "professional fees" that include a "design and brand" consulting contract costing more than $18,000 per month.

The documents also show high costs associated with raising money, including one event — an obstacle course called the Pineapple Challenge — that in 2013 cost more money than it raised.

The documents were prepared by the charity's controller and presented to a "shocked" room at a management meeting last summer. They were given to Torstar by a person who noted that volunteers and donors expect money to be spent responsibly and it was becoming increasingly difficult to work within the organization.

The charity downplayed the files as "working documents" and said the numbers included other expenses — "administrative" and "mission" costs — that should not have been part of the tally and had the effect of making fundraising costs seem higher.

In written responses to questions, the charity said it regularly benchmarks its performance "to ensure we are using precious donations effectively." The charity directed Torstar to its publicly filed financial statements, which say the charity devotes more than 64 per cent of donor dollars to research and other good works that include education programs and patient support.

Several insiders interviewed by Torstar, which researched the charity for three months, raised concerns about how the charity uses donor dollars. At least four executives have left in recent years over frustrations that the charity was betraying its central mission.

Mary Ann Sanderson, who was executive director for the leukemia charity's Prairie region for six years before resigning in 2012, had serious concerns.

"There became a lack of financial fiduciary responsibility," said Sanderson.

There were a series of abrupt firings, and "handpicked, inexperienced staff" were promoted to positions "beyond their abilities," she said. **TORSTAR NEWS SERVICE**

Donations

The Leukemia & Lymphoma Society of Canada did give $1.7 million in 2012 and 2013 to research, about 11 per cent of the $15 million it took in each year.

- That money, though, is the same amount gifted to the charity annually by Beer Store employees alone, who raise money largely through their annual "Returns for Leukemia" bottle drive.

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Early morning blaze

Brampton fire kills 10-year-old

A community in Brampton pulled together to help its own after a 10-year-old boy was killed and as many as 100 people were left homeless following a raging fire which tore through a townhouse complex early on Sunday.

Nicolas Gabriel, killed in the fire. CONTRIBUTED

Between 200 and 300 people rushed out of their homes before sunrise, some in just pyjamas, after the blaze, which is believed to have started in the kitchen of one unit, spread quickly to neighbouring homes.

"It was a very intense fire," said Peel Region Police Const. Lillian Fitzpatrick. "These people had to leave in the very early morning hours with nothing but the clothes on their backs."

While almost all affected residents were able to escape the leaping flames, police said firefighters found the body of Nicolas Gabriel, 10, in the home where the fire is believe to have started.

The child was at the home for a sleepover, Fitzpatrick said, but his family lives nearby and had to leave their own home in the middle of the night.

Police said an entire block was affected by the fire, which broke out just after 3 a.m. Eighteen homes were "virtually destroyed" in the blaze, while fire officials still must assess the structural integrity of a number of other units, police said. THE CANADIAN PRESS

Ford's approval at all-time low: Poll

Support slipping. With a 28% approval rating, Mayor Ford is 'no longer a contender,' polling firm says

In the case of Rob Ford, a new poll says that absence has not helped him grow fonder in potential voters' hearts.

A new Forum Research poll says that approval of Mayor Ford has reached a historic low, as his support continues to drop in his absence from the campaign trail while he receives treatment in a rehab facility.

Based on an automated telephone survey of 944 randomly selected Torontonians, conducted on June 6, the poll found that only 28 per cent of respondents approved of Ford, the lowest the firm had recorded since he was elected in 2010. The firm says he is "no longer a contender in any of the tested mayoral matchups."

The low Ford results may be explained by a campaign that appears to have stalled as the mayor gets treatment for his addictions, perhaps aided by the litany of negative stories that continue to come out about the mayor.

"He's survived really just incident after incident, he really was the Teflon man for quite a while, we saw that," says Lorne Bozinoff, president Forum Research.

"Whereas in the past, people would say, 'Well that's his private life, we like what he did in terms of taxes and privatization of garbage or whatever. We can look past his private life, but the private life got too ridiculous.' And that's why you are seeing that erosion of support."

Results based on the sample are considered accurate to ± 3 per cent, 19 times out of 20. TORSTAR NEWS SERVICE

Poll pegs Chow as winner

Mayoral candidate John Tory led the approval marks with 68 per cent, followed by Olivia Chow at 64 per cent, David Soknacki sits at 54 per cent and Karen Stintz at 48 per cent.

- According to the poll's results, in a five-way race, Chow wins with 38 per cent of the votes, followed by Tory with 28 per cent, Ford with 20 per cent, and Soknacki at 5 per cent and Stintz at 4 per cent.

When crossing the line is a good thing

Some of the 5,212 riders taking part in Canada's largest cycling fundraiser cross the finish line at Ontario Place on Sunday. The 7th annual Enbridge Ride to Conquer Cancer helped raise $20 million for The Princess Margaret Cancer Foundation. The event brings together communities of cancer survivors, cyclists and supporters who train and fundraise to participate in the two-day, 200-kilometre ride between Toronto and Niagara Falls. CONTRIBUTED

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City celebrates first 100 in 1 Day acts of fun

A little zaniness.
Citizen-organized events beautified rundown spots, highlighted causes

Three parking spots on downtown Queen Street suddenly transformed with sod, Muskoka chairs, hammocks and games.

A Silent Disco Squad — dozens of people listening on headphones to the same music track — dancing in the street.

A group called Buzzbombs building "seed bombs" and showing the curious how to build "bee hotels."

These random bits of serendipitous fun popped up across the city on a busy, beautiful June Saturday, dubbed "interventions" as part of 100 in 1 Day, an international festival being celebrated in Toronto for the first time.

100 in 1 Day — also marked in Vancouver, Montreal and Halifax this weekend — encourages citizen-driven action to make the city a better place, and Toronto organizers used the opportunity to highlight causes, reclaim or beautify space, offer information, or just provide a moment of respite.

"We're calling it the People's Queen Street," said Edward Nixon, one of the organizers who created an on-the-spot park by putting 12 metres of sod on parking spots on the north side of Queen, just west of Peter Street. "Our intervention is about reimagining Queen Street," said Nixon, who runs a public consultation shop at the Centre for Social Innovation.

In Fred Hamilton Park, near College and Ossington, members of a Silent Disco Squad simultaneously hit "play" on their phones and danced through the streets.

In the morning at Withrow Park, BuzzBombs built seed bombs — meant to distribute wildflower seeds around empty lots and wild spaces to provide food and habitat for pollinators — beside a group giving demonstrations on making "bee hotels" from old pieces of wood and hollow plant stems.

In Trinity Bellwoods, a Balloon Forest was created, each colour representing things that people love about Toronto, with kids happily taking them away.

Much of 100 in 1 Day was literally all over the place — in execution as well as location. But if there was a single busy, cohesive zone, Ryerson University was it, featuring 16 interventions, many offering kid-friendly activities.

Not everything went smoothly with the inaugural event. Some of the listed events submitted by individual organizers were missing in action, hard to find or cancelled without notice, such as the planned Picnic Swap in Parkdale. TORSTAR NEWS SERVICE

Gudrun Hardes and Donna Poulidiss lead Yoga on the Beach near the Leuty Street Life Guard station as part of the 100 in 1 day event, a festival celebrating citizen-driven action on the weekend. DAVID COOPER/TORSTAR NEWS SERVICE

Porter Airlines

Network outage delays flights

Passengers taking Porter Airlines were advised Sunday to check the status of their flight after the airline experienced a computer system outage that morning.

Planes that were scheduled to take off or land at Billy Bishop airport were grounded until the problem could be resolved.

The network was restored around 11 a.m.

TORSTAR NEWS SERVICE

Brampton

Arrest made in sex assaults

Peel Regional Police have arrested a 14-year-old suspect in connection with two sexual assaults that allegedly occurred on the same greenbelt pathway in Brampton. The suspect dragged the victims off the pathway into a more secluded area, said Const. Lilly Fitzpatrick.

TORSTAR NEWS SERVICE

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Fairview Mall
Shops at Don Mills
Yorkdale Mall
47 Lesmill Rd
865 York Mills Rd
2899 Steeles Ave West

Oakville
Oakville Place
250 Wyecroft Rd
760 Pacific Road
2150 Winston Park Dr

Oshawa
Harmony Plaza
Oshawa Centre
381 Taunton Road East

Pickering
Pickering Town Centre
1755 Pickering Pkwy

Richmond Hill
Hillcrest Mall
155 East Beaver Creek Rd

Scarborough
Scarborough Town Centre
Warden/Eglinton Power Centre
1184 Kennedy Road
2281 Kingston Road

Stouffville
Stouffville Walmart Centre

Thornhill
The Promenade
7040 Yonge St

Toronto
Dufferin Mall
Eaton Centre
Gerrard Square
The Stock Exchange Building
Yonge & Eglinton
25 York Street
361 Queen St West
455 Danforth Ave
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Pope Francis meets Shimon Peres, Mahmoud Abbas

Pope Francis and Israel's President Shimon Peres greet each other during an evening of peace prayers with Palestinian President Mahmoud Abbas, in the Vatican gardens on Sunday. Pope Francis waded into Mideast peacemaking weeks after the last round of U.S.-sponsored negotiations collapsed.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Gunmen storm Karachi airport, 13 die in siege

Pakistan's fragile security. In a separate incident, suicide bombers killed 23 Shiite pilgrims as they returned home from Iran

Gunmen disguised as police guards stormed an airport terminal used for VIPs and cargo at Jinnah International Airport in Pakistan's largest city Sunday night, killing at least 13 people as explosions echoed into the night, officials said.

Militants stormed the Karachi airport before midnight Sunday and battled for roughly five hours with authorities.

Meanwhile, suicide bombers in southwestern Pakistan killed 23 Shiite pilgrims returning from Iran in a separate incident, underscoring how fragile security is in Pakistan. The attack occurred at a hotel in the town of Tuftan near the Iranian border.

The airport attack was a serious security breach in the country's biggest city.

Heavy gunfire and at least two large explosions could be heard coming from the terminal at Jinnah International Airport as authorities scrambled to secure the area.

Dr. Seemi Jamali from Jinnah Hospital in Karachi said nine bodies had been brought to the hospital at the time she was interviewed.

The doctor said seven were from the Airport Security Force personnel, one was an employee of the Civil Aviation Authority and another was from the state-run Pakistan International Airlines.

Gunmen attacked the terminal late Sunday, said Shaukat Jamal, a spokesman for the Airport Security Force.

After five hours, the siege was over.

THE ASSOCIATED PRESS

Airport siege lasted five hours

"I was working at my office when I heard big blasts — several blasts — and then heavy gunshots."

Sarmad Hussain, an employee of Pakistan International Airlines
He escaped from the area along with a colleague who broke his leg while fleeing.

Remote area

Deadly flood in Afghanistan

More than 80 bodies have been found after a devastating flash flood in Afghanistan's mountainous and remote north, a provincial official said Sunday, as police and villagers scoured the rugged terrain for missing people.

Lt. Fazel Rahman, the police chief in the Guzirga i-Nur district of Baghlan province, said the death toll from Friday's flash flooding had climbed to 81 from 54. The flood destroyed some 850 houses across several villages and damaged more than 1,000, leaving thousands in need of shelter. Sahib Nazar openly wept while recounting his own losses. "I have lost everything — my parents, my wife and five children," he said. "I have buried my mother, wife and three of my children, but (am still) looking for my father and two children." THE ASSOCIATED PRESS

Search widens for jail escapees

From left, Denis Lefebvre, 53, Serge Pomerleau, 49, and Yves Denis, 35, are shown in police handout photos. The inmates escaped from the Orsainville Detention Centre in suburban Quebec City Saturday. COURTESY SURETE DU QUEBEC

Brazen jailbreak.
Police on alert across Canada and U.S. for three Quebec inmates who fled detention centre by helicopter

The search widened Sunday for three Quebec inmates facing murder charges who used a helicopter to make a brazen escape from jail a day earlier.

Authorities were put on alert across the province, in the rest of Canada, and in the United States according to Quebec provincial police.

"We have co-operation with all the police forces across the country and abroad also," said Sgt. Gregory Gomez.

"We have many, many officers who are scattering all the areas possible. Investigators are, of course, checking every lead."

Police were reluctant to provide many details about their investigation for fear the escapees could be monitoring media reports. The escapees were identified as Yves Denis, 35, Denis Lefebvre, 53, and Serge Pomerleau, 49.

The men fled from the Orsainville Detention Centre in suburban Quebec City around 7:45 p.m. with the help of a helicopter.

The facility is lined with barbed-wire fencing and features a watch post. The chopper landed in a courtyard of the detention centre, then quickly took off again heading west, police said.

It's the second helicopter jailbreak in the province in 15 months.

The three men were originally arrested on drug trafficking and gangsterism charges in 2010, according to police. Denis is also facing first-degree murder charges, while Lefebvre and Pomerleau are facing charges of murder and conspiracy to murder, according to the Quebec provincial police website.

Police said the men were swept up in a 2010 police operation called Operation Ecrevisse (Project Crayfish), aimed at bringing down a drug trafficking ring in northwestern Quebec.

During the raid, police made 51 arrests and seized $905,000 and 2 kilograms of cocaine, police said. They also seized a plane and a helicopter. THE CANADIAN PRESS

Man and woman shoot three dead in Las Vegas

Two suspects shot and killed two police officers at a Las Vegas eatery Sunday before fatally shooting a third person and killing themselves inside a nearby Walmart, authorities said.

The spree began late Sunday morning when a man and woman walked into CiCi's Pizza and shot two officers who were eating lunch at point-blank range, Las Vegas police spokesman Larry Hadfield said.

The suspects then fled to the Walmart across the street, where they fatally shot a person inside and then killed themselves in an apparent suicide pact, he said.

"I am devastated by the news today of two officers and an innocent bystander who were murdered in an act of senseless violence," Gov. Brian Sandoval said in a statement. "My thoughts and prayers go out to the victims and their families."

One of the suspects yelled, "This is a revolution," but the motive for the shooting remains under investigation, Hadfield said.

"We don't know anything about the suspects yet and are trying to learn more," Hadfield told The Associated Press. "I think in any case where people are ambushed and shot it's upsetting to the public."

Clark County Assistant Sheriff Kevin McMahill said the male suspect yelled, "Everyone get out," before shooting at Walmart.

Walmart employees and shoppers were taken to a nearby clothing store to be interviewed by police. The restaurant and Walmart remained closed as detectives processed evidence.

McMahill said the investigation is "very complex" because it involves more than 1,000 witnesses.

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FOOTBALL FEVER TAKING HOLD

The wait is almost over. The 2014 FIFA World Cup kicks off Thursday and to get you in the game, Metro has you covered with the latest from Brazil.

World-class dollars for dream team

If money were no object, what would the dream team with the costliest World Cup players look like? Just shy of a billion dollars to be precise ($900.8M).

Here is the dream team formed of World Cup players with the highest market values, according to football information website Transfermarkt (based on 4-3-3 team formation):

In goal, Bayern Munich's Manuel Neuer comes out on top. At $52.1M, he tops the likes of Spain's Iker Casillas and Italy's Gianluigi Buffon.

Top defenders include Spain's Sergio Ramos and Brazil's Thiago Silva, both priced at $80.7M. They would be accompanied by German captain Philipp Lahm ($43.7M) and Brazil's Marcelo ($37M).

Top playmakers to stalk the midfield are Spain's Andrés Iniesta and Germany's Mario Gotze, both worth $80.7M. Spanish midfielder Cesc Fàbregas completes the trio, with a value of $74M.

A deep wallet, though, is certainly required to secure solid strikers/forwards. In this case, Lionel Messi, arguably the greatest player on the planet, has a handsome fee of $178.2M. His La Liga rival Cristiano Ronaldo stars with $148M. Brazil's Neymar comes in with a price of $88.8M.

EDGAR SÁNCHEZ/FOR METRO

Animal crackers and best bets

Paul the Octopus (God rest his soul) stole all the headlines in South Africa 2010 for his incredible knack for correctly predicting match outcomes.

Paul was given two different glass cases filled with mussels, each with the flag of a football team. He would then decide the outcomes of the match by which box he ate the food from. In the 2010 World Cup, Paul went eight for eight in his match predictions, including his correct picks in the final and third-place playoff.

Here are some other critters keen to follow in Paul's tentacles for the World Cup in Brazil:

The Giant Panda Rescue and Disease Control Center in Dujiangyan, China, have selected two of their offspring to be Paul's heirs. But instead of reaching for mussels, these pandas would have to select between two trees to climb.

In Euro 2012, Krakow-based Citta the elephant forecasted that hosts Poland would beat Greece in the opening game. Unfortunately for Citta, the group game ended in a draw. Last year, Germany-based Nelly correctly chose Bayern Munich to win the 2013 Champions League final.

Fred the ferret from Kharkov in eastern Ukraine tried to guess who's going to win matches by choosing food from plates carrying flags of the competing teams.

Kyiv's psychic pig Funtik was busy predicting results in Euro 2012 before a topless protest by Ukrainian feminist group Femen startled the swine. EDGAR SÁNCHEZ/FOR METRO

Subway strike threatens start to World Cup

Subway workers have entered the fourth day of a strike that has interrupted service at more than 30 stations in the city that hosts the World Cup opening match on Thursday.

Sao Paulo's metro system workers are demanding a salary increase of more than 12 per cent, but the company says that kind of raise isn't possible because fares haven't gone up in the past two years.

A labour court is ruling on Sunday on whether the strike is legal.

THE ASSOCIATED PRESS

THE WORLD CUP IN NUMBERS

13
Number of teams that took part in the first FIFA World Cup in 1930.

64
Number of matches to be played.

12
Number of host cities they will be played in.

2
Number of World Cup goals Germany's Miroslav Klose needs to score to beat the current record of 15, held by Brazil's Ronaldo.

67
Number of World Cup matches won by record-holders Brazil, who also hold the record for most games played (97).

113
Number of cards given to Argentina during World Cup matches, the most of any team (103 yellow, 1 second yellow, 9 red).

32
Number of teams taking part, including first-timers Bosnia-Herzegovina.

3.7M
Number of people expected to travel around Brazil during the World Cup.

2,000
Tweets-per-second during the last 15 minutes of the 2010 World Cup Final, up from a regular rate of 750 TPS.

4
Hours per day the average Sao Paulo motorist spends in traffic jams.

5.8
Brazil's average annual coffee consumption per person, in kilograms (13th highest in the world).

$11B
Cost of the 2014 World Cup according to the Brazilian government, making it the most expensive to date. South Africa spent $4 billion in 2010, Germany spent $1.6 billion in 2006.

192
Length in miles of the longest traffic jam ever recorded in Sao Paulo, in November 2013.

73,531
Capacity at Brazil's biggest stadium, Estadio do Maracana, home to two local football clubs, Flamengo and Fluminense.

6.3M
Population of Rio de Janeiro, where the final will be held.
1.4M: Population of Rio de Janeiro's favelas, accounting for 22% of the city's total population.

$15
Starting ticket price for a group game, for Brazilians.
$90: Starting ticket price for a group game, for everyone else.

$440
Official starting ticket price for the World Cup final
$6,000: Stubhub starting ticket price for the World Cup final.

$3.03B
Estimated revenue generated by World Cup-related tourism.

600,000
Number of foreign visitors expected for the World Cup.
55,400: Number of hotel rooms in Rio de Janeiro.

$460
Average cost a night of a Rio hotel room during the World Cup.
$100: Average cost a night of a private room in a Rio favela during the World Cup.

46.4%
Percentage of the world's population, or 3.2 billion people, that tuned in to the 2010 World Cup from home.

$7.6B
Amount the 2010 World Cup cost the British economy in lost productivity. The U.S. lost $121.7 million.

6
Number of cities hosting World Cup games that are on the world's 50 most murderous cities list. They are Fortaleza, Natal, Salvador, Manaus, Recife and Belo Horizonte.

32
Average high temperature (Celsius) in Manaus in June, with up to 99% humidity. Manaus will host 4 games in June, including England vs. Italy on June 14 and United States vs. Portugal on June 22.

DATA: SARAH THEEBOOM
GRAPHIC: KATHRYN BRAZIER

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Mutual-fund success is all relative

HOW TO ROLL
Alison Griffiths
metronews.ca

"My mutual funds have been doing great!" extolled a visiting relative, eager to gloat. She pulled out a recent statement and pointed to the six funds in her portfolio.

Based on her initial purchase price and also the average purchase price over time, she is definitely making money. However, my relative certainly didn't have enough information to declare them great.

What was missing? In a word, comparison. Just because a mutual fund cost $10 a unit a year ago and is now trading at $12 (a 20 per cent increase) doesn't mean that the fund is standing on top of the heap.

All her funds are issued by Scotia Asset Management, which is part of Scotiabank, where my relative opened her RRSP. One of the funds is called Scotia Canadian Balanced. Just for fun, I decided to take a look.

Despite the name, it has more than 23 per cent invested outside the country. That's not a problem, but a key fact when assembling a portfolio.

My relative starting buying the fund in 2011 and it has been trending steadily upward ever since. So far, so good. Now to the comparison.

Morningstar Canada gives this fund one star out of five. Oops. Over three, five and 10 years it has been in the bottom 12 per cent or so of similar funds.

It also lags far behind the benchmark index. Every fund is compared to an index, and every fund manager wants to beat that benchmark. In this case, the comparable index is the Morningstar Canadian Neutral Balanced Index.

Over 10 years, the Scotia fund has produced an average annual return of just over four per cent. But the average of its peers, or the category average, is almost six per cent. And the average index return for the same period is nearly 7.5 per cent annually.

(These returns take into account dividends and interest.)

So, while this fund has made money for my relative, it is far from being one of the top performers. The lesson is this: you can't know if a fund is good or bad until you have the comparative figures.

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The Brazilian soccer player known as Hernanes holds the official ball of the 2014 World Cup. The competition on the pitch has yet to start, but the fight over World Cup consumers is already intense — and no more so than between the athletic companies jockeying for their once-every-four-years shot at the ever-growing global soccer market. THE ASSOCIATED PRESS FILE

Employment

One step forward, one step back for nation's job market

Canadians could be forgiven for turning a little green with envy over the surge in employment occurring south of the border.

After leading the Western world in job creation in the years following the recession — as the Harper government is fond of reminding the public — the past year and a bit has not been so good.

The pattern has become familiar. On the first Friday of each month, Statistics Canada issues a report showing the economy gained or lost several thousand jobs, making up for the several thousand that were lost or gained the previous month. With one step forward and one step back, Canada's labour market has largely stalled over most of the year.

Meanwhile, the U.S. Labor Department tables another strong employment report. THE CANADIAN PRESS

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THREE BIKE IDEAS FOR BIKE MONTH

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

It's Bike Month in Toronto: Our annual opportunity to reflect on how cycling in this city is both awesome and terrible.

Awesome because it's just about the only way to reliably get from Point A to Point B in the downtown core these days, what with seemingly every street under heavy construction.

Terrible because a lack of infrastructure and education makes cycling way more dangerous and unpleasant than it really should be.

So let's talk about ways to make things better. I've got three ideas.

Idea #1: Education

The thing about cycling in Toronto is that pretty much nobody gets training on anything. Cyclists basically mount up and hope for the best. That first trip out on our busy streets can be incredibly intimidating. This contributes to bad behaviour like sidewalk riding and red-light running.

Meanwhile — and more importantly — driver training tends to provide only a brief overview of how to interact with cyclists when behind the wheel.

So let's fix both those things by getting serious about education. Why not make cycling part of the physical education curriculum in GTA schools? And for drivers, let's ramp up the training they get on interacting with cyclists before they get their licence.

Idea #2: Bike Sharing

Toronto City Council found an innovative way to preserve the city's bike sharing system last year, turning the whole system over to the Toronto Parking Authority. It was a real good news story, because bike sharing is a good way to get people to start cycling.

The problem, though, is that Bike Share Toronto — formerly BIXI — has a pretty small service map that doesn't cover very many residential areas, limiting the service's potential.

So here's the idea: Since Toronto Parking Authority owns the system, they should consider imposing a small levy on fees at Green P lots — nothing big, maybe a dime on top of the regular parking charge — and create a dedicated fund for station expansion.

Idea #3: Infrastructure

In the fall of 2011, Toronto City Council approved a study on installing separated bike lanes on Richmond Street and Adelaide Street through the downtown core. Fast-forward almost three years later, and there's talk that maybe we'll see a pilot project this year.

It's taken way too freakin' long.

Installing a bike lane shouldn't be a giant multi-year process with a weighty Environmental Assessment. Instead, it should be as simple as putting down some planter boxes on a street and creating a right-of-way. It doesn't need to be so complicated.

Only by uncomplicating the planning process will we see cycling infrastructure improvements on the scale the city needs.

And only then will riding your bike on Toronto's streets get a bit less terrible — and a lot more awesome.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

WE ACT:
CANADA DOES GOOD

Volunteer's advice: 'Doing things for people is what really counts'

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Hector Marois, a volunteer with Unit 9Y, a short-term palliative care unit at the Covenant Health Edmonton General Continuing Care Centre

Why: "(Volunteering) is a privilege. If it's something you can do, you will get such a blessing out of just doing the little things. Doing things for people is what really counts."

What: Hector's lifelong passion for volunteerism began more than 25 years ago when his wife's aunt was in the hospital. Every evening for years, he would visit her to help with her supper, befriending other patients and their families as he came and went. When she passed away years later, the desire to help had become a part of him. Now he spends five days a week volunteering at Unit 9Y, delivering breakfast trays to patients, helping new patients and their families learn about services they can access, and being a friend to help with the little things to offer comfort where he can. However, each year he does take one week off — to volunteer as camp director for senior citizens.

Hector Marois volunteering as Santa Claus. CONTRIBUTED

Day in the volunteering life

"Sometimes I just sit with them and hold their hand. They may not respond, but they just feel the comfort that somebody is there with them in the room."

Hector Marois

What does your average day look like?

"I sometimes take people for a ride in their wheelchair or a walk outside.... Sometimes I sing to people! I'm not a singer but I do a little singing with them. Sometimes I even get to pray with them and that's wonderful."

What's your favourite story from your time as a volunteer?

"Have you got all night? There's a thing that we do, both my wife and I, at Christmas time. We visit about 13 different units in the hospital as Mr. and Mrs. Claus. My wife stands by the phone and if there are any little children in, she will call me and I let the children talk to Mrs. Claus up at the North Pole."

CRAIG AND MARC KIELBURGER

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MetroTube

metro AR

Never missed a beat

REBECCA WILLIAMS
readers@metronews.ca

Playing Frisbee takes a certain amount of skill and co-ordination. It is a flying disk headed straight towards your head, after all. What else takes a certain amount of co-ordination? Playing drums. There are sticks and pedals to keep straight, while somehow keeping the beat steady for everyone else.

Sure, they don't seem related, but when Weezer drummer Patrick Wilson put these two together at a recent show in Florida, he may have just started a new trend. Scan the photo with your Metro News app to watch a video of Wilson's nifty trick. Anyone up for a game of Drumbeeing? (_lindsayhxo_/Instagram)

ETHAN MILLER/GETTY IMAGES

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TIM HUDAK IS THREATENING TORONTO

**Tim Hudak boasts about getting Ontario working.
But here in Toronto he plans to eliminate 62,892 workers,
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TIM HUDAK'S PLAN:

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Toronto Life

"Quite bogus"
iPolitics.ca

"Incredibly stupid"
The Telegram

"Radical and rash"
Globe & Mail

"Don't match their numbers"
Ottawa Citizen

"Harris on steroids"
Waterloo Region Record

Working families in our community will pay the price for Hudak's plan to give tax breaks to big business. One in six public sector jobs will be lost, many in healthcare and education.

Our family, our friends, our community are all at risk.

Can we really trust Tim Hudak and the Ontario PCs?

WORKING FAMILIES

* Read the report by visiting www.workingfamilies.ca

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Future's feeling timeless with a disc full of 'classics'

Forward thinking.
Atlanta rapper never said he was humble, just that he was Honest

NEIL MARTINEZ-BELKIN
Metro World News

Future has only been on tour a short while, but it's already taking a toll on him. "It's really ripping my voice apart," he croaks through the phone while en route from Detroit to a show in Rochester, New York last week.

Future's hoarse pipes are not the only concern on his mind. The 30-year-old Atlanta rapper says being on tour is also doing a number on his heart.

"Yeah, I want to be home with my son," he says of the boy that his famous fiancée Ciara gave birth to three weeks ago. "But this is just something I have to do at this time.

The 45-date tour, which will keep him away from home until mid-July, is in support of Honest, his sophomore LP, which arrived in March via Epic Records. Powered by the hypnotic posse cut Move That Dope, and I Won, which features Kanye West, Honest is Future's most well-rounded body of work to date. Its songs transition seamlessly between curb-stomping street anthems and earnest moments of reflection, all through Future's signature autotune-filtered vocals.

This isn't necessarily new territory for Future, who took a similar approach on his 2012 debut Pluto, but now he seems to have mastered the formula. And he's not shy about his achievements.

"I knew I could make hit records, but I wanted to make sure I had a complete album," he says, "And sequencing the album was a really big part of that. Honest is a timeless album. People are going to look back like, 'Man, he had so many classics on there."

Future says fans will witness the full range of his talents when he takes the stage, performing his classic mixtape cuts in addition to songs off the new album. He got a taste of life on the road, warming up crowds on last year's Would You Like a Tour? tour with Drake, who also guests on Honest.

"I know every market now, and I know what each one wants to hear," says Future. "It's going to be a party more than a concert, and I'm just going to hit them with jam after jam. Smash after smash."

Honest also features bold-faced guest spots from the likes of Andre 3000, Pharrell, Wiz Khalifa, and Lil Wayne, but one of the clear highlights is the Metro Boomin-produced I Won, where Future and Kanye West trade verses about their celebrity fiancées (or then-fiancées), Ciara and Kim Kardashian.

Future and Ciara were unable to attend the high-profile nuptials of Kimye in Florence earlier this month, though he says they'll certainly get the invite to his own upcoming wedding.

"Of course they will," he laughs. "They invited us, but I was on tour and with the baby. We just couldn't make it. But congrats to Kanye, man."

Future is currently on tour in support of his latest album, Honest. GETTY IMAGES

If I do say so myself

"People are going to look back like, 'Man, he had so many classics on there.'"

Future
on his new album

Canadian dates

Future's current tour will head to Canada starting July 4. Check out futurefreebandz.com for more info.

Ebooks

Maleficent: The Official Multi-Touch Book

By. Walt Disney Studios

iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A refreshing acknowledgement of the fairy tales behind Walt Disney films, this Maleficent tie-in includes a copy of Charles Perrault's 1697 version of Sleeping Beauty and a timeline going back to the original 1330 tale, Perceforest. Galleries, pop-up facts, and videos reveal the wizardry of effects and characters used to develop a villainous backstory for Angelina Jolie to revel in.

Box office

The Fault in Our Stars trounces Tom

With a $48.2 million US debut, the young-adult romance The Fault in Our Stars thumped the Tom Cruise action film Edge of Tomorrow at the weekend box office. According to studio estimates, Fault easily topped the big-budget Edge of Tomorrow, which took in $29.1 million. Despite good reviews, the sci-fi thriller was no match for the highly anticipated adaptation of John Green's popular book.
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Let's explore summer with Sedaris

Beating the heat. Author explains why he's walking his way through the warm months (and why you won't get free condoms at his book signing)

GINA ANGELOTTI
Metro World News

Summer is paperback season. Until last year, it was also the season acclaimed author David Sedaris sweated the most, literally. But his outlook changed for the sunnier — and drier — after he and his partner, Hugh, moved to the U.K., where he claims you can wear a sweater in July.

"English people complain about it, but it's fantastic for me," he says. "Now I like summer for the first time in my life!"

The humorist has just released his latest soft cover, Let's Explore Diabetes With Owls, a story collection recalling summers past as sometimes oppressive.

We talked to Sedaris about walking and book-reading in the heat of June.

Book signing

David Sedaris will be in Toronto for a book signing at 7 p.m. on Tuesday, June 10 at the Indigo store in the Manulife Centre, 55 Bloor St. W.

If given the writing prompt "How I spent my vacation," how would you predict your response for summer 2014?
For me, it's always "the summer of something." This year, I got a Fitbit. You walk 10,000 steps and it sends you an email saying, "That's great! A lot of people don't walk that far. Do you think you can walk 5,000 more steps?" And so I say, "I bet I can!" A week ago, I walked 60,000 steps. That's 25.5 miles. I'm completely obsessed. It's like a sickness; I've been Fitbitten. It will be the summer of the Fitbit because it can't go on. It just can't.

In Author, Author, you talk about giving teens, among others, gifts and special treatment at book signings. Who will benefit this summer?
I always have something special for teenagers and I haven't decided what my other group will be. One time it was women with braces on their teeth, once it was men five-foot-five and under.

Once it was smokers but then people ran out and bought cigarettes to get to the front of the line, so it has to be something that people can't cheat on. What I tend to do more often is keep my eyes open for somebody who touches me for one reason or another and say to the bookstore manager, "Can you bring that person up to the front?"

I decided not to (give out condoms to teenagers) anymore. People knew what to expect after I wrote about it. They would come up and ask, "Where's my condom?" Often it'd be a grown-up, and I would think, "Did you not read that story? You can go buy your own!"

Quoted

"I'm completely obsessed. It's like a sickness; I've been Fitbitten. It will be the summer of the Fitbit because it can't go on. It just can't."

Author David Sedaris, on his Fitbit fitness tracker

Are you attached to any paperback or hardbacks right now?
I love books on tape. (I'm listening to) a novel by Meg Wolitzer called The Interestings. It's about a group of kids who meet at an artistic summer camp in high school and how their friendship changes over the course of the coming decades. It isn't read by the author, but the woman who reads it does a fantastic job.

It's the best audiobook I've listened to since George Saunders' The 10th of December. He read it himself and he did just a bang-up job! You know what's really great, too, is The Snow Queen, the new Michael Cunningham book. Claire Danes reads it and she does a great job. When you walk 25 miles a day, you listen to a lot of audiobooks.

IN THE MATTER OF THE *TAXPAYER PROTECTION ACT*, 1999
S.O. 1999, C. 7, Sched. A

NOTICE is hereby given that in accordance with clause 4(1)(a) of the *Taxpayer Protection Act*, 1999, ("the Act"), that Andrea Horwath, the Leader of the Ontario NDP/NPD and Kathleen Wynne, the Leader of the Ontario Liberal Party filed statements under subsection 4(1) of the Act with the Chief Electoral Officer.

In accordance with subsection 4(4) of the Act, the Chief Electoral Officer has reviewed the statements and has rendered an opinion that the statements comply with subsection 4(2) and 4(3) of the Act. The opinion of the Chief Electoral Officer may be viewed at: **www.elections.on.ca** or by visiting the Elections Ontario office at 51 Rolark Drive, Toronto, Ontario.

Dated at Toronto, this 30th day of May, 2014.

Ontario

Greg Essensa
Chief Electoral Officer
51 Rolark Drive
Toronto, Ontario
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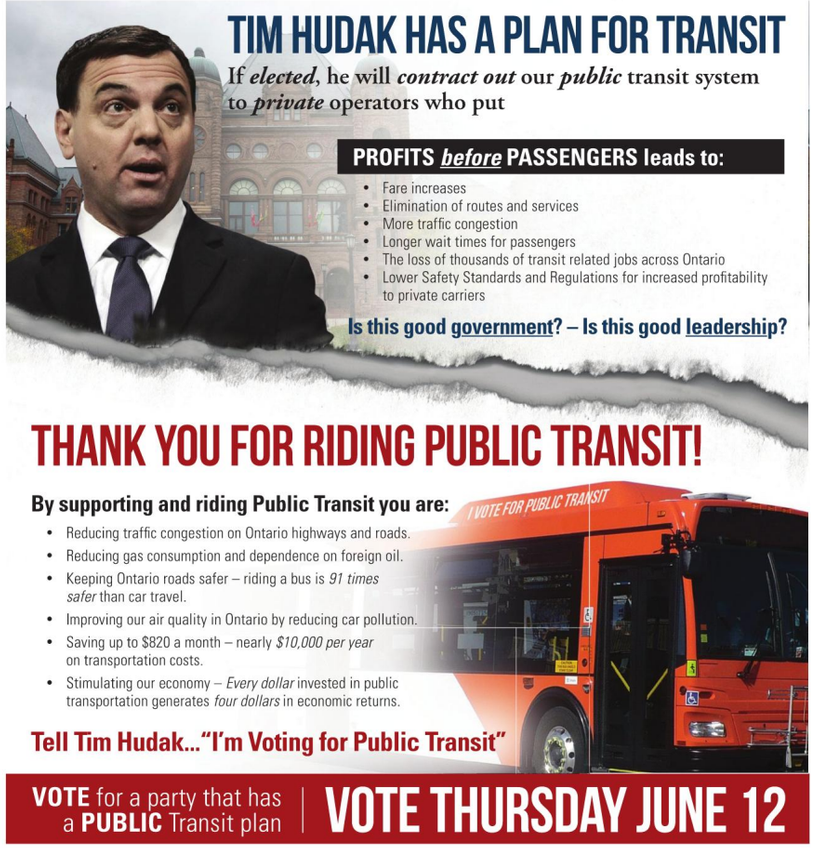
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Nobody took a wrecking ball to Miley's stolen Maserati

STARGAZING
Malene Arpe
scene@metronews.ca

Miley Cyrus's stolen Maserati has been found and police say they're looking for a white male in his early 20s wearing skinny jeans. Whew. Guess Justin Bieber is off the hook this time.

James Middleton, brother of Kate Middleton, has a brand-new business printing Instagram images on marshmallows. He was going to get into making boats for cats, but Britney Spears' sister had that market cornered.

Charlie Hunnam says it was a "heartbreaking choice" to quit Fifty Shades of Grey. And by "heartbreaking" he means "Woo-hoo! Who's the man? Hell yay!"

Gangnam Style reaches 2 billion YouTube views. My mom finally got around to watching.

What makes you feel worse about your life and human life in general? Selena Gomez putting her "starter home" up for sale for $3.4 million, a new show called I Slept With a Celebrity, or Katy Perry releasing Royal Revolution, a fragrance that "is about female empowerment and breaking the rules" and contains blackthorn because it "was known in the Dark Ages for having magical powers."

Trucker charged in crash that left Tracy Morgan in critical condition

Actor and comedian Tracy Morgan and two members of his entourage were in critical condition Sunday, a day after a tractor-trailer rammed into his chauffeured limousine bus, setting off a deadly chain-reaction pileup.

The former Saturday Night Live and 30 Rock cast member was returning from a standup comedy show in Delaware early Saturday with six others when the limo bus overturned on the New Jersey Turnpike near Cranberry Township, killing Morgan's mentor and fellow comedian James "Jimmy Mack" McNair. A Wal-Mart truck driver was charged with death by auto and four counts of assault by auto.

Jeffrey Millea, 36, of Shelton, Conn., and comedian Ardie Fuqua Jr., 43, of Jersey City, were listed in critical condition along with Morgan at Robert Wood Johnson Hospital, hospital spokeswoman Zenaida Mendez said Sunday. Another comedian, Harris Stanton, was treated and released from the hospital Saturday.

The truck driver, 35-year-old Kevin Roper of Jonesboro, Ga., apparently failed to slow for traffic ahead and swerved at the last minute to avoid a crash, the Middlesex County Prosecutor's office said.

Instead, the big rig smashed into the back of the Mercedes limo bus, prompting a chain-reaction crash with a second tractor-trailer, an SUV and two cars, authorities said. No one in the other vehicles was injured.

So far, there is nothing to suggest Roper fell asleep or was dozing, state police Sgt. 1st Class Greg Williams told The Associated Press.

Roper, accompanied by his attorney, turned himself in to state police. He was released on $50,000 bail Saturday night, Wal-Mart spokesman David Tovar said Sunday.

Wal-Mart president Bill Simon said in a statement that the company "will take full responsibility" if authorities determine its truck caused the accident. THE ASSOCIATED PRESS

Tracy Morgan

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WOMEN IN BUSINESS 2014
June 11, 5:30 pm – 8:30 pm
KPMG, 333 Bay Street, Suite 4600, Bay Adelaide Centre

PROGRAM INFORMATION SESSION
June 17, 6:00 pm – 7:30 pm
Schulich School of Business, York University, 4700 Keele St.

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LIFE 3

Practise safe shopping with a credit condom or debit dinger

Keep impulse buys at bay. Much like, ahem, another fun activity, hitting the mall is better when you do it with protection

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Have you ever wondered if *how* you pay for something affects how *much* you're willing to spend? Is it harder to part with cash than to slide your credit card through the machine? You betcha!

A study fittingly entitled Monopoly Money in the Journal of Experimental Psychology reveals that shopping with cash discourages spending, while using credit or gift cards actually encourages it.

Researchers Priya Raghubir (New York University) and Joydeep Srivastava (University of Maryland) say that "using a less transparent form of payment, such as a credit card or a gift card, lowers the vividness with which one feels that one is parting with real money, thereby encouraging spending ..."

If you did not have access to credit of any kind — no credit cards, no line of credit, no overdraft protection, no loans — would you be as willing to drop gobs of your hard-earned money on stuff knowing full well you wouldn't be able to pay the rent or mortgage? Or is it the fact that you can defer feeling the pain of payment that lets you convince yourself that you can have that shiny new somethin'-or-'nother?

Don't think Gail doesn't see that look in your eye. She knows you've got a case of the gimmes. ISTOCK

I've worked with a lot of people who whine about how much debt they have. They sigh despondently when they consider that they may never shake free of the burden. But those same people are quite willing to swipe their cards to buy a snappy new pair of sunglasses.

People are always promising themselves that they will stop using their credit cards until their debt is paid off. In the end they're left with a trail of broken promises. If you're prone to forgetting the reality of your financial circumstances when the gimmes grab you, this next idea is for you.

Make yourself a credit card condom, and every time you pull out your credit card you'll be reminded of what you're doing relative to your current financial situation.

What's the magic? A credit card condom is an envelope into which your card slips snugly, which carries a pertinent message to stop you from going further into debt. If you've ever stayed in a hotel, it looks a lot like the sheath they slip your room key-card into. But instead of a logo, your credit card condom will carry a message designed to make you stop and think:

- Do you have the money to pay this purchase off in full when the bill comes in?
- You already owe $2,500 on this card.
- Is this a need or a want?

You'll have to come up with a message that works for you. Perhaps it's a message that reminds you of your goals.

- You're trying to save $2,600 for that trip down south next winter. Will buying this (whatever) get you closer to that goal?
- You're setting up an RESP. Spend now, or use this money to prepare Baby Kris for the future!
- You want to be debt-free in nine months? Instead of buying this, make a payment on your debt!

You can also make your credit card condom something you can use to track how you're doing. Let's say you decide you want to have $1,000 saved for an emergency by the end of the year. Write your goal on your credit card condom. Each time you choose not to spend money on the card, move that money to your emergency fund and add it to your total on your credit card condom.

While you're at it, make yourself a debit dinger (Australian for condom) into which you can slide your debit card so that each time you pull it out to make a purchase you're reminded of something that is more important than blowing bucks on bull.

The point of the credit card condom or debit dinger is to keep you conscious of what you're trying to accomplish so the numbing out that comes with using plastic doesn't happen to you. It will help you to fend off the impulsive purchases by reminding you about what's really important to you. It's shopping with protection!

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Worth 1,000 words

If you need more of a reminder than words provide, create a credit card condom or a debit dinger with a picture of whatever it is you're trying to achieve: A picture of a beautiful house if you're saving for a down payment, a picture of a gorgeous beach if you're setting aside money for a vacation, or a picture of your son or daughter if you're trying to build a school fund.

Want a happy marriage? Catch Zs together

Synchronized sleep. Women who snooze at the same time as their sweetie are more blissful

Whether or not a couple is able to synchronize sleep patterns may be linked to a wife's satisfaction with the marriage, according to a small new study.

"Most of what is known about sleep comes from studying it at the individual level; however, for most adults, sleep is a shared behaviour between bed partners," said lead author Heather Gunn of the Sleep Medicine Institute at the University of Pittsburgh. "How couples sleep together may influence, and be influenced by, their relationship functioning."

Researchers tracked the sleep patterns of 46 couples over a 10-day period. Each participant was asked to assess their relationship.

Results showed that couples were awake or asleep together an average of 75 per cent of the time, and that number increased with the wives' level of satisfaction.

"The sleep of married couples is more in sync on a minute-by-minute basis than the sleep of random individuals," said Gunn. "This suggests that our sleep patterns are regulated not only by when we sleep, but also by with whom we sleep."

Indeed, in 2010, Wendy M. Troxel, assistant professor of psychiatry at the University of Pittsburgh School of Medicine, completed a study that found the presence of a partner indicated better sleep quality for women.

The following year, Troxel embarked on research that found that negative interactions between couples were more likely to occur as a result of poor sleep on the part of the woman rather than the man.

"Wives who took longer to fall asleep the night before reported poorer marital functioning the next day, and so did their husbands," said Troxel. AFP

His snoring could be wrecking your marriage. Research found that couples reported less marital satisfaction the day after wives tossed and turned. ISTOCK

Change your attitude, change your office

Watercooler wellness.
Unless you're a CEO, you can't pick the people you work with, so use these tips to create peace in your professional life

GABRIELLE BERNSTEIN
Metro World News

When you can accept that everyone is fighting their own tough battles, you can show up to the office with more compassion. ISTOCK

Working with others can be a lot of fun, but it can also be your chief source of stress. The fact is, most of us were never taught the art of healthy collaboration, so navigating working relationships can be tricky.

In any collaboration, you're dealing with different personalities and energy. When your energy doesn't flow with someone else's, getting even simple things done can be a massive struggle. Throughout my career as an entrepreneur, I've worked with many different vendors, agents, assistants and clients. Sometimes the relationships seem to flow naturally, but in other instances it's been tedious and trying. It's important to me to have a more efficient and peaceful work life, so over time I've developed and committed to some key best practices.

If you struggle to get along with your co-workers, clients or other colleagues, follow these three guidelines. They're guaranteed to change the energy, increase your productivity and keep the peace.

It's not about you

Everyone comes to work with his or her own baggage. People show up to the office with neuroses dating back to childhood; fighting their own fear-based stories and limiting beliefs.

No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours. Therefore, it's essential not to take other people's personalities to heart. Their issues truly are not about you.

They are who they are

"No matter how much personal-growth work someone has done, they're still clearing old beliefs and behaviours."
Gabrielle Bernstein

Focus on what you can give rather than what you can get

When you enter into any kind of work relationship (whether with a boss, a client, a co-worker or someone you're negotiating with), showing up with a service mentality has a powerful influence on your behaviour and the outcome of a situation.

This simple change in mindset has a huge effect.

Most of us are used to walking into a business situation with a "What can I get?" attitude. Instead, ask yourself, "What can I give?" Bringing forth an energy of service helps other people want to serve you back. Focus on how you can create a space where everyone wins.

Attitude is everything

By now you know the difference between what happens when you show up to work with a "baditude" and when you show up in good spirits.

- The moment you arrive in the office, you set the tone for the rest of the day. Your positive attitude is everything when it comes to healthy work relationships.
- To start your day off right, commit to approaching things with a positive intention. Before you walk through the door to your office, silently bless everyone you work with.
- Envision them smiling and happy. Send each one a positive thought. Your energy and intentions speak much louder than your words. Bring your good vibes to the office and expect miracles!

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'Round the world wisdom

Don't sweat it when a success leaves you with the sads

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Who is waiting for you across the finish line?

The afternoon after I crossed the finish line in the Gobi March, I lay in an ice bath with my tuque on to reduce my body's swelling from the race.

The blues in my shoes

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

As ultra-runners do, I had consumed excessive amounts of salt while running to retain water and stay hydrated in the viciously hot desert.

As the enormity of ending a five-month project settled in, my emotions were mixed.

I was mentally exhausted, elated to have done well, and humbled by the desert. However, the strongest emotion that took hold of me was a dreadful case of the blues brought on by a rapid comedown.

After a life-changing goal is completed, prep for re-entry in the real world by reining in your support system. ISTOCK

Before I knew it, I became paralyzed by my emotions.

I was 10,000 kilometres from my family, feeling forlorn. That afternoon, even knowing I had won the 40-49 age category, I had to force myself to attend the closing ceremony. It was as if my brain had been hijacked by a post-partum effect.

When a friend takes on a big project, be it a work or life project or recovering from an injury, we will naturally support them as they go through the journey.

Often though, we forget how that project will change or even transform them and that within hours or days after re-entering their old lives, reality will collide with a harsh, hard place called, 'Now what?'

At the end of a project, re-entry into day-to-day life usually involves make-up time for all that was diverted or invested in the project.

Yet it is also a time when even more buoyancy from support groups is required to help the re-integration.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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This recipe serves six. ROSE REISMAN

Take the turkey burger with the sweet mango salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Everyone loves a great burger during the summer months, especially when made on the barbecue. But excess beef is not great for your waist or your heart. I love to use ground chicken or turkey for my burgers.

Ground turkey is one of the leanest meats for a burger. Four ounces (125 g) of white ground turkey has only 120 calories, 1 gm of fat and 28 gm of lean protein. By comparison, ground beef has over 200 calories, 13 grams of fat and only 20 grams of protein. The key is to cook your turkey completely to 165 F. Since there is not a lot of fat in turkey, be careful of over-mixing the ingredients, which will toughen the meat.

The mango salsa is a great garnish over these burgers. It's fresh and sweet and complements the turkey so well. Select a ripe, softer mango for the best flavour. I prefer the Indonesian mangoes, which are smaller and sweeter.

Directions

1. To make the burgers: In a skillet, add oil and onions. Sauté on medium heat until tender, about 5 minutes.

2. Place turkey in a bowl, add sautéed onions, garlic, barbecue sauce, egg, bread crumbs, and salt and pepper and form into 6 burgers. Grill or sauté just until cooked to 160°F (about 15 minutes).

3. While the burgers are cooking, combine the mango, red and green peppers, onion, cilantro, lemon juice, oil, garlic in a bowl. Mix thoroughly. Serve the burgers with the salsa spooned on top.

Ingredients

- 2 tsp vegetable oil
- 1 cup diced onions
- 1 1/2 lb ground turkey
- 2 tsp crushed garlic
- 3 tbsp barbecue sauce
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- pinch of salt and pepper

Mango Salsa

- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic

Thai and mighty mango salad

Thai menus always feature this sweet and savoury salad. For the traditional version, the key is finding an unripe mango, one that's still firm. But a ripe mango makes for a delicious sweeter salad, equally good.

This salad is perfect to serve before a rice-noodle type of dish such as Pad Thai. You can always make this salad early in the day to allow the dressing to enhance the flavours of the salad. You can also serve this alongside grilled fish or chicken. If you like more heat, use the seeds of the jalapeno.

Directions

1. To make the salad: Place the mango, red pepper, onion, mint and cilantro in a serving bowl.

2. To make the dressing: Whisk together the soy sauce, lime juice, sesame oil, fish sauce and brown sugar in a small bowl. Stir in the jalapeños, garlic and ginger.

3. Pour the dressing over the salad and toss. Garnish with cashews.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves four. ROSE REISMAN

Ingredients

- 1 large green (unripe) mango, thinly sliced
- 3/4 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red onion
- 1/4 cup chopped fresh mint
- 1/4 cup chopped cilantro

Dressing

- 1 tbsp low-sodium soy sauce
- 1 tbsp lime or lemon juice
- 2 tsp sesame oil
- 1 1/2 tsp fish (or oyster) sauce
- 2 tsp brown sugar
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/2 cup chopped toasted cashews

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Those living with MS and their support networks are welcome. Light refreshments will be served.

The Cardinals' Jhonny Peralta jogs home after taking Blue Jays pitcher Drew Hutchison deep for a home run at the Rogers Centre on Sunday. The Cardinals won 5-0. DAVID COOPER/TORSTAR NEWS SERVICE

Hutch not so clutch at Rogers Centre

MLB. Blue Jays lose rubber match to Cardinals after starting pitcher gets rocked

Home has been more sour than sweet for Toronto Blue Jays starter Drew Hutchison this season.

The right-hander's two shortest starts of the year have both come at Rogers Centre, and the briefest came on Sunday when he allowed six hits and five runs in three innings as the Toronto Blue Jays lost 5-0 to the St. Louis Cardinals for the second day in a row.

On Sunday

Cardinals	Blue Jays
5	0

Hutchison (4-4) is 1-3 with an earned-run average of 8.72 in five starts at home this season. He is 3-1 with a 2.03 ERA in eight starts on the road.

"Obviously I feel the same way when I take the mound every time, home or on the road," Hutchison said. "I just haven't executed well here and put together good games."

Blue Jays manager John Gibbons doesn't understand it either.

"He's definitely pitched better on the road; some guys are like that. It's hard to put a finger on it," Gibbons said. "I don't know why it is. He wasn't very good today, but he's been pretty good for us."

Hutchison's shortest start before Sunday's was 3 1/3 innings against the New York Yankees, who scored six runs against him on April 6.

Matt Carpenter and Jhonny Peralta homered against Hutchison while left-hander Jaime Garcia stifled the Blue Jays on three hits and three walks over seven innings.

St. Louis won two of three games in the weekend series.

The series loss ended a string of seven successive series in which the Blue Jays had not been defeated, something they had not done since June of 2000. The Blue Jays (38-26) last were undefeated in eight consecutive series in 1993.

THE CANADIAN PRESS

CFL labour talks

New deal a tough sell: Union rep

Selling the new tentative agreement to the CFL's players may be a challenge, Hamilton Tiger-Cats union rep Peter Dyakowski said Sunday.

The players' association and CFL reached a tentative agreement late Saturday night on a new contract. The move averted a potential players' strike and, if ratified, would secure the league five years of peace.

But the CFLPA needed more than four hours Saturday night to sell the deal to its team reps during a conference call. Once news of the tentative agreement broke, many CFL veterans voiced their displeasure on social media. THE CANADIAN PRESS

NBA

Shelly Sterling to maintain ties with Clippers: Sources

Los Angeles Clippers co-owner Shelly Sterling would remain close to the organization under terms of the pending sale to former Microsoft CEO Steve Ballmer, according to two individuals close to the negotiations.

The individuals, who are not authorized to speak publicly, told The Associated Press the $2-billion deal allows for up to 10 per cent of the team to be spun off into a charitable foundation that Shelly Sterling would essentially run.

THE ASSOCIATED PRESS

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What do you think of Dwight King's controversial goal? Check out the play from different angles by scanning the image with the Metro News app.

N.Y. behind despite working overtime

Stanley Cup final. Rangers blame two OT losses on missed chances, weak calls

Dwight King of the Los Angeles Kings scores a goal past Henrik Lundqvist of the New York Rangers in the third period of Game 2 of the Stanley Cup final on Saturday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

The New York Rangers returned home Sunday with a bad taste in their mouth.

Unable to hold a two-goal lead on three occasions in their 5-4 overtime loss to the Kings, the Rangers had plenty to rue in Game 2 of the Stanley Cup final at Staples Center on Saturday night.

But they were especially upset at a non-call early in the third period when Dwight King scored to pull the Kings to within one at 4-3.

As Justin Williams moved the puck to Matt Greene at the point, the six-foot-four 230-pound King headed to goal as he had done all night. Rangers defenceman Ryan McDonagh engaged him at the top of the blue paint and soon King, McDonagh and goalie Henrik Lundqvist were tangled together like a three-headed octopus.

King somehow managed to tip Greene's shot from the point as Lundqvist was unable to move.

Marian Gaborik scored 5:38 later to tie it at 4-4 and Dustin Brown's tip-in of a Willie Mitchell shot ended the drama at 10:26 of double overtime.

On the wrong end of two overtime contests, the Rangers trail two games to none going into Game 3 Monday at Madison Square Garden.

Asked it was goalie interference on the King goal, a tight-lipped Rangers coach Alain Vigneault said: "Ask the NHL."

Goalie interference is not reviewable under the current rules.

Lundqvist was clearly unhappy, throwing his arms up in disbelief after the goal as he was pinned under King and McDonagh. He talked to the referee during a TV timeout soon after, seeking an explanation.

Lundqvist said after the game that he just wanted consistency, pointing to a goalie interference penalty to Rangers forward Benoit Pouliot in the second period.

"If they don't call that, you can't call what they called in the second period," said Lundqvist, who thought Pouliot had been pushed into Jonathan Quick.

"We have the same play and they score. Like I said, I don't think it's a penalty but you've got to stop the play if the goalie can't move in his crease."

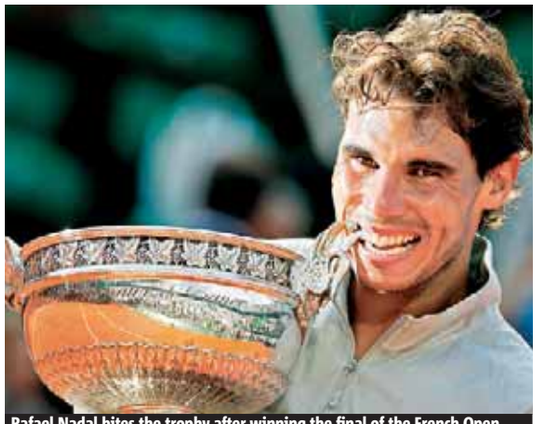
Vigneault tried to look at the positives.

"Both games we had opportunities," he said. "We didn't get it done. We're going home in front of our great fans. We're going to be ready for the next game." THE CANADIAN PRESS

Trying to beat the odds

89.9%

Forty-eight teams have taken a 2-0 series lead since the Stanley Cup final went to the best-of-seven format in 1939. Of those clubs, 43 (89.9 per cent) have gone on to win the Cup, including the 2012 Kings.



Rafael Nadal bites the trophy after winning the final of the French Open against Novak Djokovic at the Roland Garros stadium in Paris, Sunday. Nadal won in four sets 3-6, 7-5, 6-2, 6-4. DARKO VOJINOVIC/THE ASSOCIATED PRESS

French Open. Rafa's reign continues in Paris

Trying to beat Rafael Nadal at the French Open is the toughest task in tennis.

The pressure he applies, from set to set, game to game, point to point, shot to shot. That bullwhip of a high-bouncing, topspin lefty forehand. Those quick-reflex returns that help him break an opponent's serve — and his will.

Doing what he does so well on the red clay of Roland Garros, a surface and site he dominates so completely, the No. 1-seeded Nadal wore down No. 2 Novak Djokovic 3-6, 7-5, 6-2, 6-4 in a muggy final Sunday to win his ninth French Open championship and fifth in a row, both records.

"For me," Nadal said, "playing here in Roland Garros is just unforgettable, forever." THE ASSOCIATED PRESS

Women's title

Maria Sharapova won her second French Open title in three years Saturday, beating Simona Halep 6-4, 6-7 (5), 6-4.

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If you suffer from back pain, there's important good news about advances in technology that may allow you to reduce or eliminate your chronic back pain without costly drugs or dangerous surgery.

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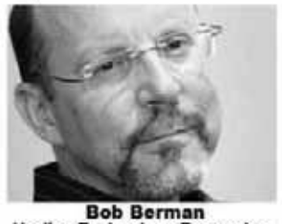

Bob Berman
Healing Technology Researcher

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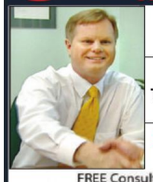

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Horoscopes

♈ Aries
March 21 - April 20
Cosmic activity inclines you to believe that everyone is out to get you, that there are enemies lurking behind every door. Maybe there are, but more likely your imagination is playing tricks on you.

♉ Taurus
April 21 - May 21
The more you try to convince people you know what you are doing, the more they disbelieve you! Never mind. You don't need their support to do what must be done. You're tough enough to go it alone.

♊ Gemini
May 22 - June 21
According to the planets you will be too impatient to do the best job you can do, so better to avoid certain tasks than make a mess of them.

♋ Cancer
June 22 - July 23
You don't care in the slightest what other people think of you or of your methods. But today you do need to listen to advice or you could make the kind of mistake that takes a lot of time and money to put right.

♌ Leo
July 24 - Aug. 23
You may find it hard to control your temper today but that's okay. With Venus strong in your chart, loved ones, work colleagues and even employers are likely to forgive you.

♍ Virgo
Aug. 24 - Sept. 23
Today you may be a bit confused about what others expect of you. That's okay, because chances are they don't know themselves. Do what feels right to you, nothing more.

♎ Libra
Sept. 24 - Oct. 23
Where money matters are concerned you would be wise not to take risks. A hunch might pay off but more likely it will put you in a situation where one loss leads to another.

♏ Scorpio
Oct. 24 - Nov. 22
It is inevitable there will be some kind of falling out today but in the greater scheme of things it's not such a big deal. Keep smiling.

♐ Sagittarius
Nov. 23 - Dec. 21
Little things will annoy you more than big things today. By this time tomorrow you will have calmed down but today you'll need all your powers of self-control.

♑ Capricorn
Dec. 22 - Jan. 20
Before getting involved in other people's affairs you should always ask yourself what the chances are of doing more harm than good.

♒ Aquarius
Jan. 21 - Feb. 19
Someone in a position of authority is watching you closely and if they like what they see you will gain in many ways over the coming week. The one thing that may put them off is if you are too rigid in your thinking. As if!

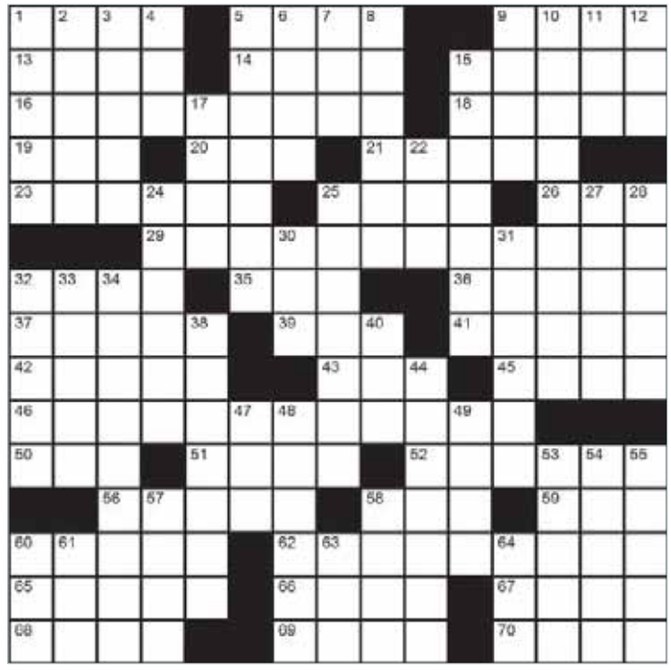
♓ Pisces
Feb. 20 - March 20
Don't waste your time and energy looking for complicated solutions to what are really quite simple problems. Sometimes you read too much into what is taking place around you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

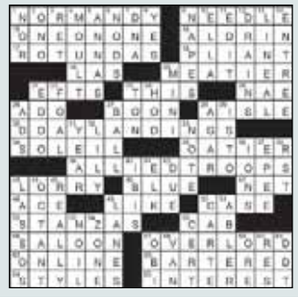
BY KELLY ANN BUCHANAN



Across
1. Brain's frontal __
5. Shape
9. Diminutive suffixes
13. Churchyard = God's __
14. Hawaii happening
15. Ad
16. BC: Queen __ Islands (Haida Gwaii, formerly)
18. Heart's "Crazy __ __"
19. Energy unit
20. U.S. tax org.
21. Tortilla chips dip
23. Deodorant brand
25. 50 Cent's "Just _ __ Bit"
26. 33.3 rpm-ers
29. Pre-Noah flood time, as in Donovan's "Atlantis"
32. Somewhat, in music
35. Ford Explorer, e.g.
36. Electrical pioneer Nikola
37. Bid _ __ farewell to
39. "Way cool."
41. Participate
42. 2 to 1, for example
43. Modern
45. Time __ __ the essence
46. __! __! __! (Kellogg's Rice Krispies characters Snap! Crackle! Pop! ...as they are known in French)
50. Cardinals player's baseball cap letters
51. "Titanic" (1997) star Billy
52. Not casual, as clothes
56. Actor Mr. Bridges
58. Dee's preceder
59. Dynasty of China
60. Barcelona's country
62. Goddess in Tal Bachman's "She's So High"
65. Cavalry creature
66. Actress Sharon
67. Blue dye
68. "M*A*S*H" star Alan
69. Ms. Gaga
70. Grand __, ON

Down
1. Spiked
2. Rusty hue
3. British singer/activist Billy
4. 'Pamphlet' suffix
5. Broccoli 'blossoms'
6. Baseball stats
7. Informer, to an inmate
8. Oatsy dried fruit mix
9. Samovars
10. UELAC = United Empire __' Association of Canada
11. Goth/rock fan
12. Old French coin
15. Contaminate
17. Hold on property
22. Garlic: French
24. Milos __, Canadian tennis star
25. Move ahead
27. Prefix to 'anthropology' (Human-like fossils study)
28. Eat energetically
30. Switzerland's li'l location
31. Italy's city of canals
32. __ nationaux du Canada
33. Work __ __ (Gallery piece)
34. French actress Marion
38. CBC program hosted by Ann-Marie MacDonald: 2 wds.
40. Ant & __ (Hosts of "Britain's Got Talent")
44. Hospital attendant
47. Light beam
48. Broadway tune bit: "..._ __ that jazz."
49. Nabisco treat
53. Farm animal
54. Cannot be changed, __ __ stone
55. Grant
57. Actress Ms. Rinna
58. Actor, __ Michael Murray
60. Na Na's musical need
61. Parliament Hill fig.
63. French-Canadian __ soup
64. Tap on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9						3	8	
6				1	4		7	
	4							
			3		2	6		
	2	7	4		6	8	1	
		9	5		1			
							2	
	7		9	5				8
	5	6						7

Friday's Sudoku

1	8	7	6	9	3	4	5	2
6	2	9	8	5	4	3	7	1
5	3	4	7	1	2	6	8	9
3	5	8	1	4	7	2	9	6
4	9	6	5	2	8	7	1	3
2	7	1	9	3	6	8	4	5
9	6	2	4	8	5	1	3	7
7	4	5	3	6	1	9	2	8
8	1	3	2	7	9	5	6	4

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